



# THE JOURNAL

National Naval Medical Center, Bethesda, MD

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## Former POWs discuss experiences



Photo by Lauren Lee Saigaller/The Journal

LTCOL Clifford M. Acree, USMC, responds to a reporter's questions concerning his captivity.

By Hilary Adams  
Journal staff writer

To parents and family members, they were sons, husbands or brothers. But to the media and other curious bystanders, they were seven weary, but very proud, American Navy and Marine Corps aviators.

The seven former Iraqi prisoners of war (POW) talked about their experiences March 14 at the National Naval Medical Center (NNMC).

Speaking about his capture by the Iraqis on Feb. 25, Major Joseph Small III, USMC, said, "When they (the Iraqis) didn't shoot at me right away, I figured that I had a chance." Small was piloting an OV-10 aircraft when he was shot down by Iraqi artillery.

All the former Navy and Marine Corps POWs underwent medical evaluations here after their arrival two weeks ago at Andrews Air Force Base in Maryland.

They described the loneliness, fear and uncertainty of their captivity, but most shared the same conviction throughout their imprisonment — they would be rescued.

"About 90 percent of the time you felt you were in danger of losing your life," said Lieutenant Jeffrey N. Zaun, USN. Much of the media focus was on Zaun, the 28-year-old Naval Flight Officer, a Naval Academy graduate whose A-6 "Intruder" aircraft was shot down on Jan. 17 by enemy fire.

Zaun's bruised and swollen face struck an angry chord across the nation when he was forced to make a videotaped statement on Iraqi television denouncing American involvement in the war. Although he admitted to "banging" on his nose to make it look swollen, he said the majority of the injuries came when he ejected from his aircraft at 500 mph.

The most terrifying part of his experience, Zaun said, came the night of Feb. 23, when the United States began the ground attack on Iraq. From his prison cell, he said he could hear bombs exploding with such force they shook the building.

"I thought about family, about God," said Zaun. On that very night, he learned that

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## Deadline nears for contest entries

The deadline for entries in the National Naval Medical Center's (NNMC) Sixth Annual Academic Research Competition is only eight days away.

All entries for the April 12 competition must be submitted to the Clinical Investigation Division (CID) by the close of business March 29, according to division head Lieutenant Commander Marianne Bentz.

Entry regulations are available from the CID office on the second floor of the main inpatient building.

The competition has been expanded this year by the addition of two categories. The holdover category encompasses projects approved by the Navy's Clinical Investigation Program (CIP), which includes resident and staff level competitions. New this year are categories for projects other than CIP-approved research and interesting case reports.

Winners of the command competition for CIP-approved projects will represent NNMC at the Navy Wide Research Competition in May.

"We expanded because not every type of research that goes on in the hospital is run through the Clinical Investigation Program," Bentz said. "There are other dimensions of research at the medical center that we would like to get some exposure."

The judges for the NNMC contest will be Captain Larry Laughlin, commander of the Naval Medical Research Institute; Dr. Harry Holloway, deputy dean of the Uniformed Services University of Health Sciences; and Dr. Robert Nussenblatt, director of the National Eye Institute at the National Institutes of Health.

Bentz said a schedule for the oral presentations, which includes 15 minutes of presentation time followed by a five-minute question and answer session, will be posted throughout the hospital April 3.

"We're holding the competition in the amphitheater so that anybody who wants to attend will be able to," Bentz said. "That's really what this competition is all about."

## U.S. Savings Bond campaign marks golden anniversary

By JOSN Kathleen L. Warring  
Journal staff writer

"Savings bonds are an excellent investment and at the same time a means of strengthening our country," said Rear Admiral Donald F. Hagen, Commander, National Naval Medical Center (NNMC). Hagen's remarks kicked off the Center's 1991 campaign March 14.

"This year marks the 50th anniversary of the U.S. Savings Bond program. Lieutenant Kimberly Pellack and Ensign Shelley Bailey have been appointed NNMC's Savings Bond Campaign co-chairpersons," he said. In addition, Hagen said, each director will appoint an assistant Savings Bond Campaign chairperson and each department head will select key persons for their department's campaign, one for every 20 employees.

"Savings bonds offer tax deferral, freedom

See BONDS, page 7



# Perspectives

By RADM D.F. Hagen, MC  
NNMC Commander

**W**elcome Home! This week these words ring throughout the command. The reunions were as exciting as we had hoped they would be.

The last minute arrival of the lists of people on each plane kept our family support volunteers, ombudsmen, and readiness planners busy around the clock. Our recall system worked well, but without a major volunteer effort, we couldn't have made it happen.

I would also like to say a special thanks to our staff who went above and beyond to make this homecoming special, but particularly to the food service people who prepared cakes for every welcome and served coffee and punch from early morning to early morning. The Navy Band members nearly wore themselves out, but they set the stage for a proper reunion. Now, our returnees are on a well earned short period of leave before they come back to transition with our reserve force so the reserves will be able to return home.

I'm concerned now about the transition period. It will take a

massive effort by everyone to keep the command on an even keel. In virtually every department, senior people have deployed and junior people have moved up to fill the void.

In every case the junior people took on a lion's share of work and the results were superb. Working without leave, with professional meetings cancelled, and with "stop-loss" interfering with some important plans, life has not been easy for them. It's now critical that those returning understand the dynamics of the new medical center and work closely with us. Here are a few of the changes we have made:

(1) All intensive care units are now on the third floor and are working very well together. This has been a great step forward.

(2) The H. M. Jackson Research wing has opened in Building 5 and is fully functional serving HIV positive personnel on research protocols.

(3) The former HIV evaluation unit on Ward 7 Center has moved to the first floor of Building 5 and is fully functional.

(4) Alcohol Rehabilitation (TRI-SARD) has moved and is now in Building 7, in the old psychiatry inpatient spaces. They now occupy

most of the top three floors.

(5) Psychiatry inpatient service has moved to Ward 7 West. They are finally in the appropriate building.

(6) The Ambulatory Procedure Unit is now located on Ward 4 Center. The unit serves as a same day surgery center and the core for same day admissions for surgery. Patients admitted on 4 Center who will need hospitalization for over 1 day will move from the recovery room to the surgical wards. This allows the patients a shorter stay in the hospital and makes us more efficient.

(7) We have joint credentials agreements with Walter Reed and Malcolm Grow. If required to work in either facility, you need only to bring a letter from professional affairs, and you will be accommodated at our sister facilities (and vice-versa — no hassle!)

(8) We've worked with the clinical center at NIH and have admitted and treated patients there, including surgery, and all went well.

These are only a few of the changes you will find. We worked hard while you were gone and are very happy to have you back. I know you will enjoy working in the



**RADM D. F. Hagen**

new environment.

I also would like to pay tribute and welcome our returning prisoners of war and their families to NNMC. They have been a great source of inspiration to us all. Again, a very, very special thank you to everyone who made them welcome and comfortable — who fed them, cared for them and protected them from all external factors which could have disrupted their recovery. You all made us proud to serve in what they called — and what truly is — "the finest hospital in America."

God bless you.

## Letters to the Editor...

Please accept my heartfelt thanks for the continued coverage you, your Journal staff and the entire staff in the Comfort Support Center have provided to this ship and her crew.

As you might well imagine, many of the crew harbor fears of being displaced or forgotten — somewhat analogous to the old adage of "out of sight, out of mind." Your periodic articles and acknowledgments of their accomplishments serve to boost morale here immensely. I am extremely grateful.

Again, please accept my thanks for the other regular news clippings you are sending to me. I pass them on to all department heads upon receipt as we all find the materials to be extremely informative.

With warm regards,

**R. J. PENTZIEN**

## Women's History Month luncheon

Alma J. Powell, wife of the Chairman of the Joint Chiefs of Staff, Gen. Colin Powell, will be the guest speaker at a luncheon and program honoring Women's History Month.

She will speak on this year's theme "Nurturing Tradition, Fostering Change." The luncheon will take place Thursday, March 28 from 11:30 to 1 p.m. in the Officers' Mess.

Tickets for the luncheon cost \$20 per person. For tickets or information, call the National Naval Medical Center's Equal Employment Opportunity Office at 295-0766/67.

The  
**Journal**

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Bill Yates  
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# Mrs. Quayle addresses wives' club



Photo by Lauren Lee Salgaller

Mrs. Quayle makes a point during March 14 luncheon.

By Lori Drake  
Special to The Journal

The luncheon was held at the National Naval Medical Center Officers' Club in Bethesda March 14.

"This job I have is very special because it provides an incredible window on the world," she said. "Seeing the growth of democracy in Nicaragua and in Chile has been one of the most rewarding aspects of my job."

Another rewarding aspect has been the opportunity to work with President and Mrs. Bush. "I don't know what our country would have done if Bush hadn't been president when things happened in the gulf," she said. "President Bush put together an unheard of coalition and he understood the importance of making the big decisions but let the military professionals run the war."

Mrs. Quayle then thanked the audience for the contributions their spouses were making in the gulf to provide medical care for the soldiers and said "All of America is cheering as our military personnel come home. We are truly proud of our armed forces."

Mrs. Quayle currently is working on a medical program with the military where a network of designated hospitals would be prepared to handle the wounded in the event of a national disaster or international crisis.

In addition to her interest in disaster preparedness, she is involved in raising the awareness about breast cancer and the importance of early detection. After losing her mother to the disease, Mrs. Quayle now works to encourage women to get mammograms and do self-examinations.

"We lose 44,000 women per year to breast cancer and that's too many," she said. "Early detection is our best chance." Her efforts to raise awareness have included testifying before Congress on the need for medical education and public

**"We lose 44,000 women per year to breast cancer and that's too many . . ."**

awareness and encouraging schools to make this information available in sex education classes.

"Children are the best teachers for parents," explained Mrs. Quayle. "If a child goes home and says, 'Mom, did you get a mammogram?' that has an impact."

Mrs. Quayle also discussed the impact parents have on children. "I've always believed that children will think what they are doing is

important if they believe that their parents think it's important. And the way to do that is by going to their activities and participating in school events," she said.

Although Mrs. Quayle has an extremely busy schedule, her activities are planned around the school calendar, and she even carools. However, she explained, she now rides in the back of the van with the kids and the Secret Service drives.

When she is not carpooling or working on one of her special interests, Mrs. Quayle finds the time to write and edit. She and her sister, Nancy, are co-writers of a thriller novel about Cuba entitled "The Rage of the Lamb," which will be published soon.

Never one to sit still, Mrs. Quayle said she decided to continue her involvement with the Red Cross by working on disaster preparedness and mitigation. She has traveled to the Soviet Union to discuss earthquake preparations. After Hurricane Hugo hit, she went to South Carolina to work with the Red Cross in distributing food to area victims.

An honorarium for Mrs. Quayle was donated to the American Red Cross Desert Storm Fund in her name.

## Comfort crewmembers visit local school

By LTJG Marc Radi  
Journal Staff Writer

The joyous spirit of youth was evident at Yorkshire Elementary School in Manassas, Va. A first grade class under the tutelage of Miss Kim Kroes greeted two crewmembers of the USNS Comfort on March 5 at their school.

Miss Kroes' 17 students adopted the Comfort last September in an effort to show support for American troops.

Arriving at school, Hospital Corpsman Second Class Anne Niel and Legalman First Class Chimesa Jones were greeted with a pleasant rendition of "My Country 'Tis of Thee" sung by Kroes' students. The class, dressed in traditional Arab attire, was eager to hear about life on the Comfort from Niel and Jones. Each had served on the hospital ship but returned to the United States because of medical emergencies within their immediate families.

Both Jones and Niel discussed shipboard lifestyles and facts about the hospital ship with the children while displaying numerous slides of daily Comfort routines.

Both sailors were extremely pleased with the reception they received at Manassas. Jones stated, "I am really glad that I came; it was a

learning experience for me. For first graders, these children were very polite and well-behaved. They were attentive, pleasant, and positive."

The idea came to Kroes when she heard a radio announcement for the Adopt-a-Sailor program. After discussing the matter with Mrs. Cindy Mandigo, a speech therapist at Yorkshire whose husband is a naval reservist, Miss Kroes decided to embrace the entire crew of the Comfort.

The students have sent cards and letters to the sailors for every holiday since the ship's deployment last summer. The children forwarded leaves in the fall, ornaments for Christmas and plenty of candy and hearts for Valentine's Day.

"At first, we just mailed a group of letters to the ship; when a crew member wrote back then one of the children would respond and return a letter or card to that person," Kroes said.

The students in Kroes' class have expressed a great deal of interest in the Middle East since the beginning of Operation Desert Shield.

Mrs. Otelia Frazier, school principal, remarked, "This has been an amazing year. Usually our students do not study countries until the fourth grade, but this group has shown

a desire to learn about the Persian Gulf area."

Miss Kroes said, "These children really knew what was going on with the war because of our close relationship with the Comfort. Every week, we worked on a project for them and studied the region and culture of the Middle East."

After their presentation, television newsman Joe Krebs (WRC Channel 4, Washington, D.C.) spoke of his trip to the Comfort in the Persian Gulf. Krebs mentioned the many drills that the crew performed each day to prepare for incoming casualties. Krebs also spoke of the old adage that practice makes perfect and how the crew was a living model of that statement.

Once Krebs finished his remarks, the students moved down the hall to teach their fellow first graders about the culture of the Middle East. All the boys were now seated in the front rows, girls in the rear as is the custom in the Arab world.

Along with Kroes' students, Mrs. Mandigo taught the other 45 first grade students about life in the Middle East. Miss Kroes' students had prepared an authentic Arabic lunch of dates, pita bread, goat's cheese and camel's milk for their fellow first graders at Yorkshire Elementary.



## Easter SUNRISE SERVICE

The 44th annual Easter Sunrise Service will be held in front of the Tower building on the grounds of the National Naval Medical Center (NNMC) on Sunday, March 31 beginning at 6:30 a.m.

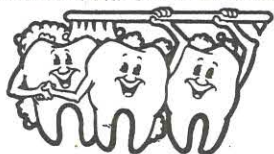
This year's guest speaker is Captain Donald L. Krabbe, USN, chaplain of the Marine Corps. Music will be provided by the Navy Band, a Sea Chanter soloist and the NNMC chorus.

In the event of inclement weather, the service will be held in the NNMC auditorium (Building 2). All hands, family and friends are invited to attend this celebration of worship.

For more information call the chaplains' office at 301-295-1510.



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# From The Chaplain . . .

By LCDR Jessie R. Tate, CHC  
Pastoral Care Service

**W**hat do we do when we disagree with someone else? In relating to others it is rather difficult when differences of opinion cause unnecessary friction between persons.

People handle disagreements in different ways. Some will use the silent treatment. Others "blow up" and make exaggerated accusations, becoming extremely quarrelsome. Still others sarcastically criticize everyone and everything.

A better way to handle disagreements may be to "agree to disagree," accepting the unique differences in others, while allowing discord to complement our distinctive views. Though difficult, coming to some mutual understanding and working through differences together is a

better choice.

Agreeing to disagree can take place when we remember that people are imperfect beings living in a flawed world. Maybe we should stop searching for perfection and be content with gradual, progressive improvement. When we're wrong, simply admit it and ask for understanding and forgiveness.

If wronged, learn to forgive and forget, moving toward reconciliation and healing. This is best accomplished when we're willing to nurture and encourage those we care for. Being kind and considerate of others promotes agreement when dissimilarities loom large on the horizon.

Living and working in close quarters with others will quite naturally produce tensions. In the real world there will be times when we can't or won't agree with others. When those occasions arise, may we learn to find ways to agree to disagree and "follow peace with all people." (Hebrews 12:14)

## Chapel Service Schedule

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Noon Main Chapel  
4 p.m. 6 West Chapel

**Sunday**  
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You have a lot of sharing to do with family and friends, and we want to help.

\*Complete details will be announced soon.





## POWs, from page 1



LT Jeffrey Zaun talks about his experience as an Iraqi prisoner of war.

Photo by Lauren Lee Salgaller/The Journal

Lieutenant Robert Wetzel, USNR, the pilot from their A-6 declared "missing in action" was very much alive. Zaun said he feared for his friend Bobby but was instantly relieved "once I got to see his smile" and what Zaun described as an "ugly beard."

Lieutenant Lawrence R. Slade, USN, described the allied attack near his prison cell as his scariest moment in captivity.

"That night, I thought my number in the Rolodex had come up," he told reporters. Slade's F-14A+ "Tomcat" was struck by an Iraqi missile on Jan. 21, and he was captured shortly after the crash by Iraqis in a pick-up truck. Slade gained POW status after family

members witnessed his statement on television.

Captain Michael Berryman, USMC, described the welcoming crowd of nearly 10,000 people at Andrews Air Force Base as "the most emotional and relieving moment of my life." He added that the experience of being a prisoner, "made me realize my priorities."

The officers, some of whom were kept in solitary confinement, described their captivity made bearable with prayer and mental games. They were fed only porridge, watery beans or rice. "You'll eat anything when you're hungry," one former POW said.

Several of the officers commented on the quality of the medical staff and excellent care

they received at NNMCM and aboard the USNS *Mercy*. Wetzel, the most seriously injured of the Navy and Marine Corps POWs, was undergoing medical treatment and was not available to answer questions.

Last Saturday, the five Marines were awarded the Purple Heart, the POW Medal and the National Defense Service Medal by the Commandant of the Marine Corps, General A.M. Gray. The Navy pilots will be honored by their commands at a later date.

The five Marines were discharged from NNMCM earlier this week. Each officer has been granted 30 days convalescent leave.

## BONDS, from page 1

from state and local income taxes, competitive interest rates, ease of purchase and absolute safety. Starting in 1990, bonds began offering a tax free education program for qualified savers," said Pellack.

"A savings bond is a contract showing a loan to the United States. The United States promises to repay it, with added interest when the bond is redeemed."

Pellack said savings bonds come in two

series: EE and HH. The Series EE bond is an appreciation-type security issued for an original maturity of 12 years. Available in varying denominations from \$50 to \$10,000, bond purchase price is one-half the denomination. "For example," explained Pellack, "a \$100 bond costs \$50."

Series HH bonds are current-income securities. Issued in exchange for Series EE bonds, HH bonds have redemption values totaling \$500 or more. HH bonds have an original

maturity of 10 years. Denominations vary in range from \$500 to \$10,000. "HH bonds are issued and redeemed at face value, with interest paid semiannually by electronic funds transfer from the Treasury Department," Pellack said.

"The systematic purchase of savings bonds through allotment or payroll deduction is an easy way for all our personnel, both military and civilian, to accumulate savings for a better future for themselves and their families," said Hagen.

## Circus tickets available

The Ombudsman office has received 50 tickets to the Ringling Brothers and Barnum & Bailey Circus for the March 30 performance at 8 p.m. Tickets will be given to military families on a first-come, first-serve basis. For more information, call the Ombudsman office at 301-295-6588.

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YOUR LIFE

## Desert Storm support groups

In response to suggestions, the National Naval Medical Center (NNMC) Ombudsman office is continuing a series of support meetings for NNMC and local area dependents with loved ones in Operation Desert Storm (on board USNS *Comfort* or other ships, with the Marine Corps units or wherever). These are planned as open forums for airing concerns and fears, to answer questions (if we can) and for meeting other people who are coping with this deployment. We will try to have a short informational program each week and would like your suggestions on types of programs.

We plan to continue these meetings for as long as needed. you can come to any or all of the support meetings.

For questions and reservations for child care or the supper, call the Ombudsman office at 301-295-6588/89.

All meetings will be in the dining facility, Building 9.  
Saturday

March 23, 2-4 p.m.

(Easter egg hunt hosted by George Washington University NROTC)

March 30, 10 am. to noon

Child care will be provided. Please call the Ombudsman office at 301-295-6588 for a reservation so there will be room for your child.



# Health & Fitness

## Proper nutrition key to weight loss

LCDR Faythe Weber, R.D.  
Special to the Journal

**L**osing weight is rarely easy but for those with "the right stuff," it can happen. Attempting weight loss can be discouraging and it helps to hear from those who have succeeded. Below are the stories of three people who have agreed to share their secrets of success:

For 72-year-old Sabrina Bartel, the secret was learning to plan and schedule. Twelve years ago Sabrina gained almost 100 pounds after surgery. Prior to that she never had a serious weight problem. Sabrina tried numerous diets including a liquid-modified fasting program. Nothing worked.

Following a referral to Mrs. Iris Chase in the Nutrition Clinic, Sabrina learned to develop a daily routine and stopped skipping meals and eating unplanned snacks. She began to plan meals, learned to properly read labels and make healthier food choices. Learning how to schedule occasional treats and favorite foods helped prevent her from feeling deprived.

Throughout her nutrition education, Sabrina credits Mrs. Chase with providing emotional support and helping her maintain a positive "can do" attitude. In five months she has shed almost 20 pounds and feels much more energetic. She now swims an hour three times per week.

A doctor's warning about high blood sugar sent Barbara Davis to Mrs. Chase. In order to avoid insulin injections, Barbara's physician urged her to lose weight.

Barbara already had a good basic diet and meal schedule, but needed to learn to control the amount and type of foods she ate. Reading labels and learning more about food composition helped reduce the calorie content of the foods she ate.

Learning to decrease the volume of food was hard, but after 23 months she found her appetite had markedly decreased and became satisfied with smaller servings. In the past year she has lost 55 pounds and is still going strong. Her blood sugars improved tremendously and she feels good. Since she has changed her eating behavior, she feels she has a good chance of keeping the weight off.

Another successful dieting story is that of Machinist Mate Third Class Kelvin Rosser. Overweight since childhood, Rosser had tried many crash diets, but found he always regained lost weight and even added extra pounds.

Refusing to admit defeat, Rosser sought help from Lieutenant (junior grade) Laurie Cutlip and Lieutenant Commander Nancy Perkins. He then began a serious program of calorie counting, eating structured meals and eliminating



Photo by Lauren Lee Salgaller/The Journal

**MM3 Kelvin Rosser works out as part of his weight loss program. To date, Rosser has lost 60 pounds through exercise and changing his eating habits.**

late-night snacking.

He admits changing his eating habits was difficult, but after five to six weeks he began to feel comfortable with his new routine. When he hit a plateau and stopped losing weight, several friends encouraged him to work out and his weight began to drop again. Now, 60 pounds

lighter, he is a serious threat on the basketball court!

Changing eating behavior is never easy, but the rewards have been well worth the effort for these three. If you would like assistance with your diet, have your physician refer you to the NNMC Nutrition Clinic.



# Health & Fitness

Pap smears, mammograms covered

## CHAMPUS expands women's health care benefits

By Hilary Adams  
Journal staff writer

Under a 1991 Defense Authorization Act, CHAMPUS will now cover pap smears and mammograms as a diagnostic and preventive health care measure. Previously, CHAMPUS could only cost share these treatments as preventive medicine.

The expanded benefit for women came into law on Nov. 5 after it was passed by Congress in late October. All pap smears and mammograms received on or after that date will be covered by the medical program.

Dorsey Chescavage, health care specialist with the National Military Family Association, said her group has been pushing for this preventive care for years.

"We are very strong advocates of preventive medicine. Pap smears and particularly mammograms save lives and they also save

the CHAMPUS program money," she said.

Before the new measure, pap smears and mammograms had to be a medical necessity, such as a lump found in the breast or unexplained bleeding.

Approximately 80 percent of the allowable cost of these procedures were covered by CHAMPUS for active duty and their dependents, with 75 percent being covered for retirees.

In most instances, beneficiaries or retirees had to go to other military facilities or Army Primus centers to get the care, according to Oliver Jefferson, health care benefits advisor for CHAMPUS at the National Naval Medical Center.

The call-up of reservists as part of Operation Desert Storm has increased the number of beneficiaries wanting medical care, increasing the patient load at area military hospitals.

Commander Michael Opsahl, MC, of the Obstetrics and Gynecology

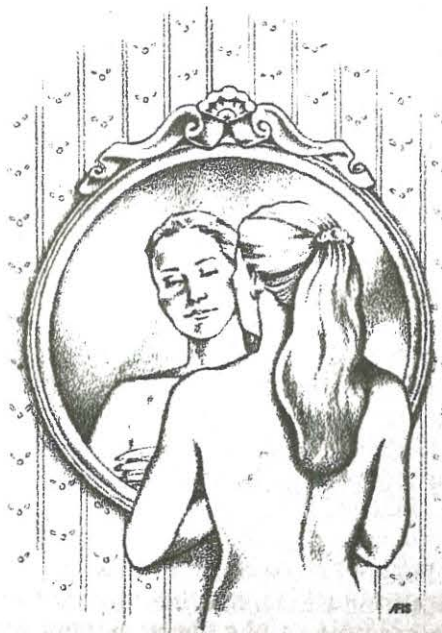
Department at the National Naval Medical Center said the preventive care decision will allow the hospital to provide better screening for women.

"This has to make an impact in a positive way on our patients here," he said. Opsahl predicts about 10 percent of the women treated for abnormalities will be referrals from other medical facilities as a result of the new CHAMPUS measure.

From an educational standpoint, residents who are in training for Ob/Gyn medicine will get an opportunity to study these referrals, which will help them in their residency training program at the hospital.

Chescavage said her organization has had a lot of positive feedback from a number of women, particularly military dependents, concerned with the status of preventive care.

According to data from the National Cancer Institute, one in 10



women will be diagnosed with breast cancer this year. The institute recommends that every woman over 40 years of age complete a mammogram X-ray every one to two years. Women over 50 should complete a mammogram every year.

## Red Cross helps returning troops

(Editor's note: The following information was taken from a Red Cross news release)

Military and reservist families adjusting to being together after being separated by the Gulf crisis can now get a helping hand from the Red Cross. As a result of an agreement reached today between Red Cross National Headquarters and the National Association of Social Workers, some Red Cross chapters will work with licensed area social workers on "reunion programs." These programs are designed to help both service members and their families make adjustments to life after the war. According to Red Cross military and social services chairman, Weenonah Bayer, "Many Red Cross chapters will sponsor workshops to help husbands and wives learn to re-establish intimacy, cope with new parenthood and just help families get on with their lives by getting back into a routine."

The Department of Defense reports that of the 516,000 U.S. troops in the Gulf some 16,300 are single parents who will also need to make adjustments to being back home. The reunion program is just one example of a Red Cross service developed in response to the Gulf crisis that may become an ongoing program. Recently the Red Cross successfully recruited some 3,000 medical professionals to volunteer to work at domestic military medical facilities. Red Cross medical volunteers are helping to meet the routine health needs of installation personnel and their families. Red Cross humanitarian services to U.S. military personnel and their families also include an emergency communications system that keeps troops in touch with loved ones and an emergency loans and grants program. For more information about Red Cross services to the military and their families, contact your local Red Cross chapter.

## Red Cross recognizes volunteer

Gertrude Ho joined the Red Cross volunteers at the National Naval Medical Center in the spring of 1985.

She served as captain of the day until she asked for more "work" and pleaded with the craft people to give her something to do. Soon she was a full-time manufacturer of craft kits for dependent patients, a job which she does with originality and gusto.

Her volunteer career dates back to activities with the Young Womens Christian Association and the Red Cross in China.

Gertrude, a resident of Bethesda for 41 years, is the widow of Pao Hsu Ho, who served as manager of the Bank of China during the post-World War II decade.

We are fortunate to have this 88-year-old lovely lady — this bundle of energy — working with us each week.

**FITNESS FOR LIFE**

The Navy's Fitness and Sports Program



**FORGE THE  
FUTURE**

RED CROSS MONTH  
(MARCH)





# Boys to Men winter roundball champs

By Bill Yates  
Journal staff writer

The NNMC Winter Basketball League championships ended with a marathon two-game survival-of-the-fittest battle that pitted young versus old in the NNMC gymnasium March 11.

Boys to Men took the final game, 59-49 over HSETC, to clinch the title they had been aiming for since finishing fourth in last year's Fall League. Upstart HSETC, who rebounded from a dismal start to barely squeeze into the playoffs, completed a stirring tournament run by extending the eventual champs to an "if" game with a 51-41 win in the first game of the two-team doubleheader.

The double-elimination tournament began with regular-season champs NIH Spurs and Boys to Men receiving first-round byes. HSETC lost to Dental in the first round, as the Warriors fell to USUHS II. Boys to Men defeated USUHS II to meet the Spurs, who beat Dental, in the winner's bracket finals.

HSETC beat USUHS II in the loser's bracket, took a revenge win out on Dental, then met the Spurs, losers to Boys to Men, in the finals of the loser's bracket. An upset victory over the Spurs put HSETC in the finals, though they needed to beat Boys to Men twice to take the title.

Organized by Bob Edmonds and Mike Jackson, HSETC's line-up didn't get set until near the end of the season. "This could be the comeback story of the season," Jackson said of his team, which had a big advantage in height, bulk and experience. "And look how old we are. This is the same team we're going to put in the 30 and over league."

Boys to Men was organized by T.L. Lane through contacts from the gym. Young men

with fresh legs, none standing more than a couple inches over six feet, formed the run and gun squad Lane was looking for. "We've got guys from all over the hospital — the wards, the galley, pastoral care, dental," Lane said. "We thought we should have won it last year, so we decided we were going to be dedicated to winning it this year."

The first game was tight throughout. The teams alternated baskets for much of the first half, with Wil Rucker (13 points) scoring HSETC's final five points of the half for a 25-21 lead. Joe Skinner (11 points) scored eight points to start the second half as Boys to Men roared out of the gate to snatch a 30-27 lead in the see-saw affair destined to go to the wire.

Offensive rebounds propelled HSETC near the end of the game to a 44-40 lead with under a minute to play. Rucker took over by sinking four crucial foul shots with less than 30 seconds left to ice HSETC's 51-41 game.

All of the sudden it was a new season, with all slates wiped clean. Boys to Men only brought eight players, whereas three of HSETC's 11 were totally fresh for the "if" game by virtue of having sat out the first game. As if to make a point, HSETC started a completely different five in the second game as opposed to the first.

Skinner got a breakaway layup off the opening tip, a sure omen of things to come. HSETC started out ice cold, allowing Boys to Men to forge a 23-14 lead before calling a timeout with six minutes left in the first half. Boys to Men scored the first eight points after the timeout, then HSETC answered with five straight to close within 33-19 at half.

HSETC turned it around at half, closing the gap to 41-36 as Boys to Men called time with eight minutes left. Three baskets by Rucker narrowed the gap to 45-42, but two games took



Photo by JO2 Ron Henning

**Ken Pardoe beats Mike Jackson to the basket for two of his game high 20 points.**

its toll as Boys to Men broke away by outscoring HSETC 14-7 in the last five minutes for a 59-49 championship victory.

Ken Pardoe led Boys to Men with 20 points in the final game, while Rucker's 13 points paced HSETC.

"We let them back in the game to start the second half, but then we turned it up a notch," Lane said. "We really wanted this one."

## MWR notes

### Monthly NNMC golf tournament

Recreation Services is offering all eligible participants the chance to play the course at Ft. Meade once per month through the summer. Participants must pay cart and greens fees to be included in the best-ball tournaments.

Dates are May 23, June 27, July 25, Aug. 28 and Sept. 25. Tee time is 9:30 a.m. For more information, call Paul Jones, (301) 295-0031.

### Intramural golf league

Spots are up for grabs on the NNMC entries in the South Mid-Atlantic Regional Intramural Golf League. League play consists of open team and senior (over 40 by Sep. 30, 1991) team play. An "A" and a "B" team, each consisting of four golfers, are allowed in each division. Anyone interested in participating should call Paul Jones at (301) 295-0031.

### Military golf tourney

Active-duty personnel interested in participating in the 28th Annual Southeast Military Invitational Golf Tournament at the Naval Air Station, Jacksonville, Fla., may pick up entry forms at the gym. The tourney will be held May

7-10. For more information, call Paul Jones at (301) 295-0031.



### SCUBA courses

The Pentagon Diving Academy is sponsoring the fourth annual Scuba Awareness Program. This year's program is honoring our servicemen and women in Operation Desert Storm. Those attending are eligible to win trips to the Caribbean, an Orca Dive computer and free SCUBA equipment.

The academy is accepting applications for SCUBA classes. Students complete their five nights of class and indoor pool sessions within two weeks. Master Instructor Donald (Andy) Anderson will be teaching the next indoor SCUBA course approved for college credit. The academy has a full line of modern gear for student use and offers inexpensive courses to military and civilian members of the community. For more information, call 301-736-4356.

### Aerobics

Hour-long aerobic classes are offered every Monday, Wednesday and Friday beginning at 4:30 p.m. in the gym. The first class is free so drop-ins are encouraged. For more information, call Patti, 301-295-0031.

### Family Swim night

Every Friday evening from 6 until 8 is Family Swim night in Recreation Services' heated indoor pool. Swim together as a family or play water basketball under the supervision of certified lifeguards. For more information, call Bryan Jackson, 301-295-0030.

## Sports trivia:

**Question:** Who made the first three-point field goal in the NBA? (Hint: he's currently a head coach in the league.)

**Last week's answer:** Rick Swenson won the Iditarod Trail Sled Dog Race for the fifth time this year, putting him one victory ahead of Susan Butcher.



# Employment Opportunities

## CIVILIAN JOB OPPORTUNITIES

The NNMC Civilian Personnel Office is located on the ground floor of Building 10. Office hours are 7:30 a.m. to 5 p.m., Monday through

Friday. For more information on these positions, updated weekly by CPO, call 301-295-6801 or 301-295-6804.

Vacancy Number	Area of Consideration	Series/ Grade	Position Title	Location	Closing Date	Point of Contact	Phone
<b>Naval Medical Data Services Center</b>							
91-36 (JF)		4 GS-669-7/9/11	Medical Records Librarian	Bethesda, Md.	Until Filled	J. Francis	295-6804
90-86 (LH)		4 GS-332-3/4	Computer Clerk	Bethesda, Md.	Open**	L. Stewart	295-6801
91-83 (JF)		4 GS-332-4/5/6/7	Computer Operator	Bethesda, Md.	Open**	J. Francis	295-6804
90-206 (JF)		4 GS-334-7/9/11	Computer Specialist	Bethesda, Md.	Open**	J. Francis	295-6801
91-88 (JF)		4 GS-334-11/12	Computer System Analyst	Bethesda, Md.	Open**	J. Francis	295-6804
<b>Bureau of Medicine and Surgery</b>							
91-37 (JF)		4 GS-301-9/11	Exect. Program Admin. Coord.	Wash., D.C.	Until Filled	J. Francis	295-6804
91-35 (JF)		4 GS-343-9/11/12	Management Analyst	Wash., D.C.	Until Filled	J. Francis	295-6804
90-195 (LS)		4 GS-318-4/5/6	*Secretary (T)	All Act.	Open**	L. Stewart	295-6901
90-133 (LH)		4 GS-322-2/3/4	*Clerk/Typist	All Act.	Open**	L. Stewart	295-6801
<b>Naval School of Health Sciences</b>							
91-19 (LS)		4 GS-540-4/5	Voucher Examiner (T)	Bethesda, Md.	Until Filled	L. Stewart	295-6801
90-244 (LS)		4 GS-2/3/4	*Clerical Support Position (T/NT)	D.C., Va., Md.	Open	L. Stewart	295-6801
91-67 (LS)	4,10,12	GS-350-3/4	Copier/Duplicating Equipment Oper.	Bethesda, Md.	3/22/91	L. Stewart	295-6801
91-66 (LH)	4,5,10,11,12	GS-1071-7/9/11	AV Production Specialist	Bethesda, Md.	4/19/91	L. Hasty	295-6801
<b>Naval Medical Research Institute</b>							
90-229 (JF)		9 GS-0018-12	Safety & Occ. Health Mg.	Bethesda, Md.	Until Filled	J. Francis	295-6804
90-258 (JF)		4 GS-404-6/7/9	Bio. Lab Technician	Bethesda, Md.	Until Filled	J. Francis	295-6804
<b>National Naval Medical Center</b>							
91-81 (LS)		4 GS-303-5	Clerk (T)	Bethesda, Md.	4/22/91	L. Stewart	295-6801
91-82 (LS)		4 GS-303-4	Clerk	Bethesda, Md.	4/22/91	L. Stewart	295-6801
91-68 (LF)		4 GS-303-4/5/6	Accessions Clerk	Bethesda, Md.	4/19/91	L. Stewart	295-6801
91-70 (LS)		4 GS-303-4/5	Registration Clerk (T)	Bethesda, Md.	4/19/91	L. Stewart	295-6801
91-71 (LS)		4 GS-303-4/5	Registration Clerk	Bethesda, Md.	4/19/91	L. Stewart	295-6801
90-230 (LS)		4 GS-305-4	File Clerk	Bethesda, Md.	Until Filled	L. Stewart	295-6801
90-195 (LS)		4 GS-318-4/5/6	*Secretary (T)	All Act.	Open**	L. Stewart	295-6801
91-08 (LS)		4 GS-322-4	Clerk-Typist (PT)	Bethesda, Md.	Until Filled	L. Stewart	295-6801
90-133 (LS)		4 GS-322-2/3/4	*Clerk-Typist	All Act.	Open**	L. Stewart	295-6801
90-250 (LS)		7 GS-322-4/5/6	Computer Operator	Bethesda, Md.	Open	L. Stewart	295-6801
90-242 (LS)		7 GS-385-5	Teletypist	Bethesda, Md.	Until Filled	L. Stewart	295-6801
91-31 (DK)	5,12,13	GS-601-9	Cytotechnologist	Bethesda, Md.	Until Filled	A.L. Wright	295-6801
91-62 (PR)	4,9,11,12	GS-610-11	*Clinical Nurse	Bethesda, Md.	Open**	P. Robinson	295-6801
91-63 (PR)	9,11,12	GS-610-11/12	*Nurse Specialist	Bethesda, Md.	Open**	P. Robinson	295-6801
91-64 (PR)	9,11,12	GS-620-4/5/6	*Practical Nurse	Bethesda, Md.	Open**	P. Robinson	295-6801
90-261 (DK)	9,11,12,13	GS-648-8/9	Therapeutic Radiologic Technologist	Bethesda, Md.	Until Filled	A.L. Wright	295-6901
90-207 (LS)		4 GS-679-4/5	Medical Clerk (Typing/Nontyping)	Bethesda, Md.	Open**	L. Stewart	295-6801
90-157 (JF)	4,11	GS-682-4/5/6/7	Dental Hygienist (Part Time)	Bethesda, Md.	Until Filled	L. Hasty	295-6801
90-196 (LS)	4,5,10,12	GS-675-4/5	*Medical Records Technician	Bethesda, Md.	Open	L. Stewart	295-6801
91-42 (LS)		4 GS-2005-5	Supply Technician (T)	Bethesda, Md.	Until Filled	L. Stewart	295-6801
		FPL GS-6					
91-30 (DK)		11 WG-5823-10	Automotive Mechanic (Temp NTE 1 year)	Bethesda, Md.	Until Filled	D. Keyes	295-6801

\* Special salary rates

\*\*Referral list may be issued at anytime.

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Small nursing home, in quiet residential area, is in need for an RN or LPN for 3pm-11pm shift. Full time. Competitive salary. Prefer experience in long term care but not necessary.

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051 APARTMENTS FOR RENT

**ROCKVILLE** - Luxury hi-rise Americana Center. 1BR, 1BA, balcony, garage parking, pool, sauna, walk to metro/shopping. \$750/mo. Includes utils. 301-871-5558.

053 HOUSING TO SHARE

**ALEX/FT. BELVOIR** - Female non-smoker, share 2BR apt. CAC, W/D, pool, 1/2mi. Ft. Belvoir. Bus at corner. Avail. 4/1. \$275+ 1/2utils. Call Caryn 703-360-7532.

**RESTON** - Fully furnished room in condo. All amenities. Carpet, W/D, DW, micro, \$250/mo. Call: (W) 703-448-5835. (H) 703-476-0350. Avail. immed.

**ROOMMATE NEEDED** - To share apt in Silver Spring (Georgia Ave/Randolph Rd). 15min from NIMC. No dep. \$275/mo. Ken: 301-295-1737. 301-933-2377.

054 HOUSES & TOWNHSES TO RENT

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**STAFFORD** - End unit TH. Off Hwy 17 & 95. 3BR, 2 1/2BA, frpl, bsmt, gas, CAC, near Pentagon bus. \$750/mo. 703-938-5215.

055 VACATION RENTALS

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056 CONDOS FOR SALE

**ROCKVILLE** - Beautifully decorated, 2BR, patio condo. FHA approved. Walk to metro, \$82,000. 301-217-9394.

060 HOUSES FOR SALE

**ANNANDALE CONDO** - Near metro, 2BR, 1 1/2BA, immaculate cond, bright & airy, neutral carpeting, w/w, decorator touches, 2 ceiling fans, kitchen cabinets refin. FHA assum loan 8 1/2%. For more info, call Zig Ustaszewski, Remax Dynamic Realty 703-920-6900.

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**ST CHARLES** - Extra large TH. 3BR, 2 1/2BA w/FR. Fenced yard w/patio. Upgrades! Less than 1yr old. Super location - close to schools, new shopping mall & rec center. VA assumable. By owner. \$125,000. 301-705-9959.

068 REAL ESTATE SERVICES

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069 AUTOS FOR SALE

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**CHEVY '88 CAVALIER SEDAN** - \$3,495. Chevy '84 Cavalier, 4dr, auto, AC, \$1,695. AMC RELIANCE '85, 25Kmi, stick, AC, \$1,995/OBO. 301-567-2994.

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**MAZDA MPV 1989** - Auto, A/C, AM/FM/CASS, 50k mi., immaculate. Runs like new. Must sell, take over payments. \$9600 o.b.o. (301) 870-8021.

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**MERCURY** - Station wagon, \$495. Also VW RABBIT, 74K, leatherette int, '80, \$1295. CHEVY '79, Malibu station wagon, \$995. All run great! 301-567-5914.

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IN VIRGINIA

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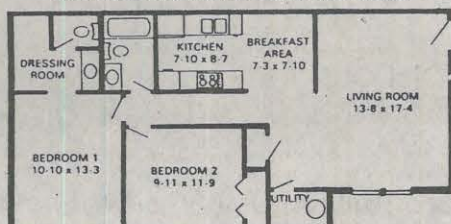
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Foods related to lowering the risk of cancer of the larynx and esophagus all have high amounts of carotene, a form of Vitamin A which is in cantaloupes, peaches, broccoli, spinach, all dark green leafy vegetables, sweet potatoes, carrots, pumpkin, winter squash, and tomatoes, citrus fruits and brussels sprouts.

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# FAMILY

# Appreciation

# NIGHT

at

# SEARS

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- Drawing every half hour
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# SEARS

A SPECIAL EVENING... JUST TO SAY THANKS!

## FAMILY

# Appreciation

## NIGHT

SUNDAY, MARCH 24 ONLY! 6pm to 9 pm

## 10% off

Every merchandise  
purchase storewide

Except concessions and installed  
home improvement products.

## FREE REFRESHMENTS

## FREE DRAWINGS EVERY 30 MINUTES

# 0%

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- NO BILLING • NO PAYMENTS
- NO FINANCE CHARGE  
UNTIL JUNE 1991

THIS OFFER APPLIES TO: All Home Appliances, Electronics, Furniture & Floor Coverings

On qualified purchases of \$200 or more with Sears Delayed Option on SearsCharge and SearsCharge Plus. Be sure to ask for this option. Our sales associates have all the details. See important SearsCharge and SearsCharge PLUS credit terms below. Offer good on Appreciation Night only.

\* Sales tax, delivery or installation not included. A \$700 minimum purchase of qualified merchandise is required to open a SearsCharge PLUS account. Important SearsCharge and SearsCharge PLUS Credit terms. Annual percent rate is 21% unless you reside in a state shows below:

AL.....21% to \$750 18% on excess AK.....18% to \$1000. 11.5% on excess  
AR.....11.5% CA.....19.2% LA.....19.8%  
KS 21% to \$1000 14.4% on excess MI.....2% MD.....20.004%

Annual percentage rate may vary on balances in excess of \$1000. Rate is determined by adding 5% per annum to the rate charged member banks for advances by the Federal Reserve District that prevails on the 25th day of the month preceding the calendar quarter in which charges are made.

Annual percentage rate may vary. Rate is determined by adding 5% per annum to the Federal Reserve Discount Rate on 90 day commercial paper in Arkansas. Note: Minimum monthly finance charge of 50¢ applies in all states except AR, CT, HI, MD, NE, NC, ND, RI, VA, DC, PR. The above information is accurate as of March 1991, but may have changed after that date. To find out what may have changed write to Sears Telemarketing Center 2269 Village Mall Dr. Mansfield, OH 44906. Regular credit terms apply in all purchases after the 0% financing period.

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AT SEARS

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